

## **Abstract**

**Title:** Health Problems of Swimmers participated Specialized Training

**Objectives:** The goal of this thesis is to find out information about health problems occurring by swimmers participated in specialized swimming training and about the course of their swimming career. The next interest of our research is the common duration of swimming career, the causes of its end and whether the main cause are health problems. Another aim of this work is to find out whether health problems of swimmers are connected with their specialization to swimming strokes, which type of disease was the most frequent among swimmers, and the most frequent causes of their health problems.

**Methods:** In the research the method of non-standardized questionnaire was used. The responders were swimmers, which participated in specialized training during their swimming career and their swimming career already ended. The results of questionnaire are elaborated by graphs and tables with legends.

**Results:** We have found out that swimming career was rather short-term. The swimmers have finished it often between 17<sup>th</sup> and 18<sup>th</sup> year due to health problems, studies and loss of motivation. Between incidence of infectious and musculoskeletal diseases was not significant difference in frequency. The most frequent disease was tonsillitis, influenza and shoulder injuries, which was characteristic especially for swimmers specialized on freestyle (crawl) strokes. The swimmers think that not enough regeneration was put in training plan and they assign health problems to overtraining. The majority of swimmers swims several times per week after finishing swimming career and thinks that their swimming career improved their health. The results of the thesis are influenced by the low rate of return of questionnaires.

**Keywords:** health problems, disease, specialized training, regimen, regeneration